

May 6, 2024

Format for 100 Pounder Group Conscience Meeting

“Welcome to the group conscience meeting of the 100 Pounders’ group of Overeaters Anonymous. My name is _____, and I am a compulsive eater and the chair of this meeting.”

1. Serenity Prayer

“Will those who wish to, please join me in the Serenity Prayer:
God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

2. Reading of the Steps. Ask for a volunteer.

3. Establishing Ground Rules

“The purpose of this meeting is to make decisions that affect our group. I encourage everyone here to participate. If a matter comes to a vote and you do not attend our meeting regularly or do not plan to, please consider whether it would be reasonable for you to vote. However, we welcome everyone’s viewpoint; we can all learn from one another.

“Please remember Tradition Five: ‘Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.’ Therefore, anything we decide at this meeting must reflect that purpose. No matter what we believe as individuals, we must be united in our purpose to carry our message as best we can to the compulsive overeater who still suffers. That person is our focus. May we do our best for him or her.”

4. Minutes from Previous Meeting (Ask Cee to read the minutes)

- Ask if there are any corrections or additions that need to be made
- Ask for Motion to accept
- Ask for a second
- Ask for verbal ayes to accept
- Ask for verbal nays to reject minutes
- Minutes stand as (either read or corrected)

5. Treasurer's Report (Ask Sue S for Report)

- Any Questions or comments?
- Ask if there are any corrections or additions that need to be made
- Ask for Motion to accept
- Ask for a second
- Ask for verbal ayes to accept
- Ask for verbal nays to reject minutes
- Treasurer's Report stands as (either read or corrected)

6. Report from VIG Coordinator on latest Virtual Intergroup meeting (ask Cee for report)

7. Old Business

- none

8. New Business

- Announcement: There are several other vacancies for service positions as this new quarter starts. If you are interested in any of the following vacancies, hit *1 to unmute and let us know. You can be nominated and voted upon here in this meeting. The current vacancies are:

- Speaker Getter for Saturdays
- Dash Monitor for Thursdays
- Speaker Getter Coordinator as Sarah H. is stepping down on June 1st.

All positions receive training. And be aware that we recently instituted a new rule that Dash Coordinator needs to have had prior experience being a Dash Monitor.

- Nominations for Business Meeting Secretary
- Nominations for Dash Monitor Coordinator

If you have an item that you would like to place on the agenda for the next business meeting, please Let _____ by (2 days before next business meeting). My number is _____.

9. Closing

"Thank you for coming. To close the meeting, let us have a moment of silence followed by Serenity Prayer."

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Ask for someone to make a motion to close.